



Vol. 47, No. 16 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, May 12, 2006

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## PACAF command chief to become top Air Force enlisted Airman

HICKAM AIR FORCE BASE, Hawaii – Air Force Chief of Staff Gen. T. Michael Moseley named Chief Master Sgt. Rodney J. McKinley to serve as the 15th Chief Master Sergeant of the Air Force recently.

Chief McKinley assumes his new position July 1, following the June 30 retirement of current Chief Master Sgt. of the Air Force Gerald Murray. Chief Murray's retirement culminates 29 years of service to the Air Force.

"I'm excited to have Chief McKinley take the helm of our enlisted force," said General Moseley. "Chief McKinley is a tremendous leader with an impressive array of expeditionary and combat experiences to help him steer our Airmen and serve as my partner. We were blessed to have a number of exceptionally well-qualified candidates for the position. While the decision was not an easy one, I feel we have the right person to lead our enlisted force during this time of a long war on terrorism, recapitalization and transformation. I look forward to working with him."

Gen. Paul Hester, commander of Pacific Air Forces, echoed the sentiments of General Moseley in congratulating Chief McKinley.

"On behalf of PACAF, I extend my congratulations to Chief McKinley and to his family and my sincere appreciation for his commitment and dedication to our Airmen in the Pacific," said the general. "I am con-

fident that he will fulfill the charter of his new appointment with resounding success."

Chief McKinley is currently the command chief master sergeant for Pacific Air Forces. He originally joined the Air Force in 1974,

took a break in service in 1977, attended college, and reentered the Air Force in 1982. Chief McKinley's career includes various assignments in medical, aircraft maintenance, first sergeant, and as the command chief master sergeant at the 86th Airlift Wing, Ramstein AB, Germany; 1st Fighter Wing, Langley Air Force Base, Virginia;

the 379th Air Expeditionary Wing, Al Udeid, Qatar and 11th Air Force, Elmendorf Air Force Base, AK.

"Many talented and qualified Chiefs were considered for this position and I have the greatest respect for my peers; to be chosen among them is very humbling," said Chief McKinley.

"This is an important time in United States history and the United States Air Force, I don't take this job lightly and promise to do the best I can on behalf of all Airmen," the Chief said.

The office of the chief master sergeant of the Air Force represents the highest enlisted level of leadership and provides direction for the total force representing more than 680,000 officers, enlisted, civilian, guard and reserve Airmen. He has direct influence on the enlisted corps and presents their interests to the American public and all levels of government.

(Courtesy of Air Force Print News)



courtesy photo

**Chief Master Sgt. Robert McKinley**

### Kicking up Asian Pacific American awareness



photos by Airman 1st Class Laszlo Babocsi

**Above, a local Tae Kwon Do team performs at the Asian Pacific American Heritage Month cultural fair here Saturday. The fair featured cuisine for taste-testing also.**



**Above, a Japanese play with a live band using traditional instruments was also part of the fair. Right, the Tanabata Dancers, a base private organization that learns and performs traditional Japanese dances, present a few of their favorites.**



## Friendship club with local city seeks to build goodwill



photo by Capt. Warren Comer

**(Right) Col. Scott Goodwin, 374th Airlift Wing commander, and (left) Tatsuo Nakano, Hamura-Yokota Friendship Club president, sign the club into existence April 27 during a ceremony at a local civic hall. The new club focuses on promoting goodwill and mutual cooperation.**

**By Capt. Warren Comer**  
 374th Airlift Wing Public Affairs

In a world where preconceptions, language and the building of relationships can be the biggest detractors to helping the United States succeed internationally, personal determination to overcome these hurdles is all it takes.

On April 27, Yokota Air Base officials attended a charter signing ceremony to form a new friendship club with a neighboring community, Hamura City.

"The significance of the establishment of a friendship club with Hamura City is to express to citizens and Yokota Air Base residents that we are interested

in understanding and strengthening relationships with surrounding communities," said Col. Scott Goodwin, 374th Airlift Wing commander.

Known as the Hamura-Yokota Friendship Club, Colonel Goodwin and Tatsuo Nakano, HYFC president, signed the charter promising to promote goodwill and mutual cooperation to encourage peace among the city and the base.

"We officers and all members of this society pledge to contribute to mutual understanding between Hamura citizens and Yokota residents through neighborly friendships," said Mr. Nakano.

Also in attendance, Shin

Namiki, Hamura City mayor, was delighted to see the establishment of a new avenue to communicate with Yokota.

"Hamura is in a unique environment as we have U.S. forces within our city," said Mr. Namiki. "By using this regional characteristic, various kinds of community activities can be held between Yokota and the citizens of Hamura. It is delightful to establish the Hamura Yokota Friendship Club with people who will work hard to promote international community activities."

"We already have a wonderful relationship with Hamura City by participating in their spring and summer festivals," said Colonel Goodwin. "The

friendship club will help enhance our relationship with the city by allowing both groups the opportunity to coordinate on future events."

The signing ceremony featured performances by the Hamura Taiko Club and the Air Force Band of the Pacific-Asia's Pacific Trends Band. Japanese officials were excited to hear Pacific Trends play a few American rock songs, but were awed when they finished out their performance with popular Japanese pop music.

Yokota AB currently has friendship clubs with Fussa and Akiruno Cities, as well as Mizuho Town. This is the fourth friendship club to be established.



# Misconduct of servicemembers strains U.S.-Japan relationship

## Military leadership encourages troops to exercise unwavering professionalism

By Marine Corps  
Master Sgt. Terrence Peck  
U.S. Forces-Japan Public Affairs

In January, a number of highly publicized criminal incidents involving U.S. service members in Japan caused renewed calls from the Japanese public for military leaders to act to reduce misconduct.

Although crime rates of U.S. military members serving in Japan are comparable to that of Japanese society, U.S.-related incidents frequently cause anger toward the U.S. presence in Japan.

"Every incident of misconduct by U.S. personnel in Japan has the potential to damage the important U.S.-Japan Alliance," said U.S.

Ambassador to Japan, J. Thomas Schieffer. "In Japan, as is true throughout the world, crimes by foreigners have great news value. Media coverage can amplify the damage and fuel negative generalizations about Americans. What's particularly tragic is when the misbehavior of a very, very few people then reflects poorly on the vast majority of other Americans who are serving with great honor and purpose."

Recognizing the impact of misconduct, Lt. Gen. Bruce Wright, commander of U.S. Forces, Japan, and five top-ranking U.S. military commanders for American personnel in Japan, jointly issued USFJ Policy Letter 1 in March.

The policy reaffirms the standard of unwavering professionalism for American service members, civilians and their families serving in Japan. It is a concrete reminder of the emphasis the chain of command leadership in USFJ has placed on this issue over the past year, thus helping reduce the already low crime rates among US forces personnel even further. It also directs a range of actions to stem future incidents of criminal misconduct.

"It is very important that we continually educate Marines, Sailors, Soldiers, Airmen, family members and [Status Of Forces Agreement] civilian employees about the effects of their actions to the bilateral relationship we enjoy today with Japan," said Lt. Gen. Wright. "Our standard of unwavering professionalism and Policy Letter

No.1 are there to help us all achieve the goal of being good neighbors and friends to our Japanese hosts."

When a service member, family member or civilian DoD employee commits an act of misconduct, the result can complicate the mission of U.S. forces to support the U.S. Japan alliance.

"Whenever misconduct occurs it makes all our jobs harder—yours, mine and everyone else's," Schieffer said. "That is why we constantly have to do our best to be good neighbors and good citizens. Besides, it is the right thing to do and we all want America to stand for what is right in the world."

Despite the news coverage highlighting the misconduct of a few U.S. service members, most of the tens of thousands of Americans stationed in Japan demonstrate a

strong commitment to their mission, both in or out of uniform.

"Americans serving in U.S. Forces in Japan are doing an important mission by ensuring peace and stability in the Asia Pacific region," Schieffer said. "As I visit installations in Japan, I am continually impressed by the professionalism and enthusiasm of the men and women I meet. Every American who travels abroad represents America at all times—day or night—traveling on official business or for pleasure. This is true everywhere. I hope Americans will make it their personal mission to make a good impression for America. So I would want Americans to know that their positive behavior really matters, and also that most Americans by far do make a great impression on our overseas friends and allies."

## Consumer confidence high for drinking water

By Shoko Sukegawa  
374th Aerospace Medicine Squadron

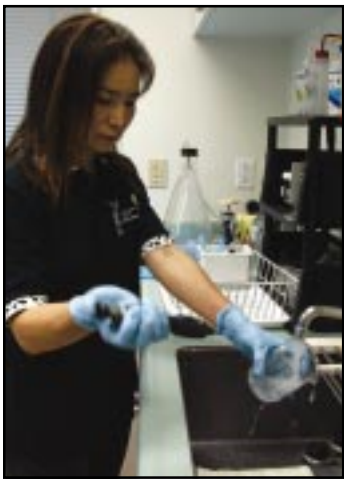
The 374th Aerospace Medicine Squadron's Bioenvironmental Engineering Flight here released the annual Consumer Confidence Report for Yokota and Tama Hills Recreational Area's Drinking Water Program April 18.

The findings from the report indicated that the water quality in both locations is excellent.

The report contains information on Yokota and Tama's water system and the sources of water at these locations. Sources of drinking water include rivers, lakes, streams, ponds, reservoirs, springs and wells. Yokota's water supply is obtained from 12 wells and two purchased water sources.

A statement from the Environmental Protection Agency and information about guidelines for contamination levels is also included, which outlines the possible contaminants that can be found in Yokota and Tama Hills Recreation Area water sources.

Community members who are particularly vulnerable to some contaminants include those with specific immune system conditions, along with the elderly and infants. People with these concerns should consult their physician.



file photo

**Ms. Shoko Sukegawa, 374th Aerospace Medicine Squadron bioenvironmental engineering technician, takes a sample of tap water here during a routine test of the water's quality.**

The water systems are operated and maintained by the 374th Civil Engineer Squadron.

The quality of the water produced, sample collection, sample results and all other data pertaining to these systems is collected and maintained by the flight.

The Bioenvironmental Engineering Flight constantly monitors the water systems for various contaminants to meet the regulatory requirements.

The water must comply with the Japanese Environmental Governing standard and Environmental Protection Agency regulations. The bioenvironmental engineering flight must also ensure the system is operating effectively.

The annual consumer confidence test is the result of Air Force Instruction 48-144, Safe Drinking Water Surveillance Program that requires overseas bases to fully comply with the Safe Drinking Water Act, in which all community water systems deliver to their customers a

brief annual water quality report.

Complete copies of the report can be obtained at the 374th Airlift Wing Public Affairs office and the Bioenvironmental Engineering Flight.

Community members can call public affairs at 225-7338, or the bioenvironmental engineering flight at 225-8040.

### Rolling into maintenance



photo by Val Gempis

**Staff Sgt. Elijah Tatman, 374th Aircraft Maintenance Squadron crew chief, checks a C-130 roller conveyor for deformities and corrosion here May 3.**

## Nihon-go now

⇒ Please excuse me. Pardon me.  
Sumimasen.  
(soo-mee-mah-seh-n)

⇒ I am sorry.  
Gomenasai.  
(goh-meh-n-ah-sah-ee)

**AD**

## Safety critical for survival year-round

By Lt. Col. Thad Hunkins  
374th Airlift Wing Safety Office

Safety steals the spotlight beginning Memorial Day, as the 101 Critical Days of Summer begins.

Not that safety is seasonal, but the Air Force sees an increase in incidents, injuries and deaths during that time.

Safety is an every day decision that all community members make, and not only during the upcoming 101 Critical Days.

Statistically speaking, motor vehicle and sport activities rate highest in mishaps every year, regardless of the season. Other mishap areas include unattended cooking and candle fires.

Community members are encouraged to be aggressively vigilant as they carry out daily activities, whether it is driving to an appointment, making dinner or enjoying a favorite sport activity.

Here are some tips community members

can use to stay safe all year round:

✓ **Pay attention.** Don't let CD players, cell phones or other electronic gadgets distract from the primary task of driving. Community members should be aware of the situation around them at all times to help ensure their "number of takeoffs" equal their "number of landings."

✓ **Follow the rules.** Rules are created to protect people and prevent incidents. "Just this once won't matter," is not a valid reason to break the rules. It does matter.

✓ **Wear the proper equipment.** The wing safety office Web page at <https://wwwmil.yokota.af.mil> has a briefing on new gear specially designed to prevent sports injuries. As always, remember to wear a seatbelt whenever driving or riding in a vehicle.

These basics can help keep community members safe year round and throughout the fast-approaching 101 Critical Days of Summer.

For more information, call 225-SAFE.

(Left) Master Sgt. Garius Neal, 374th Airlift Wing safety office, works alongside Col. Scott Goodwin, 374th AW commander, to complete seat-belt checks on vehicles passing behind the wing headquarters building recently. The safety office is gearing up for the annual 101 Critical Days of Summer, which lasts from Memorial Day to Labor Day and shows high statistics for injuries and deaths.



photo by Senior Airman Katie Thomas

## Communications Squadron honors employee retiring with 57 years service

By Staff Sgt. Karen J. Tomasik  
374th Airlift Wing Public Affairs

During a formal ceremony April 26, members of the 374th Airlift Wing and 374th Communications Squadron came together to celebrate the 57-year career of one of their own.

Shigeko Agena of the 374th CS retired after serving with the Air Force for her entire adult life.

"It is remarkable to think of Ms. Agena's contributions over the years," said Col. Scott Goodwin, 374th AW commander. "Since she was 19 years old, she has served in one capacity or another with the Air Force. She has seen changes over the years, from typewriters with ribbons to digital phones and the computing power of today.

"I doubt there are many people who can say they've served since the first chief of staff of the Air Force and worked for 26 5th Air Force commanders."

Ms. Agena grew up in Los Angeles, Calif., and moved to a relocation camp in 1942. In 1945 she came to Japan with her sisters, brother and Japanese parents after World War II. She began her Air Force career as a clerk-typist at Far East Air Force in Tokyo, Japan.

Through her career, she has transferred and adapted with the Air Force moving to Far East Communications Region, 1956th Communications Group at Fuchu Air Station, Japan in 1955; then to Headquarters 1956th CG at Yokota Air Base in 1974 and worked through the transformation of the 1956th CG to the 374th CS in 1992.

At the end of the ceremony, Ms. Agena expressed her thanks to everyone who supported her during her service with the Air Force.

"I am blessed and grateful to be a part of this wonderful family – the Air Force family," said Ms. Agena. "Though the faces may have changed with each assignment, the pride, professionalism and family bond remain the same. No matter where I have traveled or was assigned, the Air Force family always seemed to take time out of their busy schedule to assist each other during times of need."



photo by Staff Sgt. Karen J. Tomasik

Right, Shigeko Agena accepts flowers on her retirement from Lt. Col. Richard Lipsey, 374th Communications Squadron commander, April 26.

# AD



# Finding the ‘why’

By Lt. Col. Richard Lipsey  
374th Communications Squadron

“Daddy, can you help me with my homework?”

It was a request I heard occasionally from this bright 10-year old, but given how little time I have to spend at home, I looked forward to the opportunity.

“You bet,” I replied. “What’s the problem?”

“We have to answer some questions about a newspaper article and then tell the story in our own words. I’ve figured out ‘who,’ ‘what,’ ‘when,’ ‘where,’ and ‘how.’ I just can’t find the ‘why.’”

I smiled, thinking how great it was that I could help unlock this assignment and encourage him on the path of learning by answering an easy question.

“Let me see the article,” I said.

The headline read, “74 Killed in Shiite Mosque Bombings.”

Nothing adequately prepares you for the shock of seeing your child’s innocence stripped away. After taking a deep breath and collecting my thoughts, I explained about the Shiites and Sunnis in Iraq. I told him about how brave Americans helped the Iraqi people overthrow a dictator, and how they continued the

struggle together to establish democracy there. I explained to him how foreign fighters with groups like Al Qaeda were fighting desperately to keep democracy from taking hold. I reminded him how others helped the American colonies win their independence from oppression.

It’s easy to forget in our dormitory rooms and apartments, with friends and family around us, the deadly struggle for peace and freedom that is a daily reality for so many in our world. While we decide whether to go to Tama or Roppongi this weekend, others are deciding if it’s safe to go out to buy groceries or to get medical treatment. While we exercise our right to vote and voice our opinions through editorials and blogs, others are imprisoned and tortured for speaking out. While we worship as we choose, others are forced to comply with state-established religious requirements, whether obligations to a single religion or the prohibition against spiritual expression.

Take a moment to remember why you’re serving your nation and our alliance. Whether uniformed or civilian, enlisted or officer, Japanese or American, we are all working together to eliminate the truly global threat of

## Honoring our wives & our husbands ... our spouses!

By Gen. Paul Hester  
Pacific Air Forces commander

Since the first airplane ... an Army Air Corps ... and ultimately, a separate Air Force, Airmen have served with great distinction, valor and courage far away from our shores as well as on America’s soil. While our media focuses intently on those who Volunteer to stand in "Harm’s Way" for all Americans, stories about the ***strongest part*** of our Air Force Team are often not told.

This incredible group of wives and husbands quietly share the same love of our Nation ... passion about our Air Force ... dedication to our community ... sacrifices of service ... and the dreams of their individual families, as does the Airman. They embrace and support the responsibility that is captured in the words "... support and defend ..." Yet their part is the iron strength that forms the bedrock of our Air Force Family. In our Churches ... schools ... on and off base ... Saturday morning soccer fields ... and dance recitals wherever Americans live, they forge the "continuity" of all things American for our children and cement the ties to "home" for us all. Often they are also present in our business community as workers and leaders. Our Air Force bases are models of small town America where everyone knows your name ... made so by those Spouses who are Volunteers as well to make life better ... without them, there is a void in our lives ... with them, they are the "First Reason" to Serve.

On Friday, May 12th, we highlight their contributions.

**Military Spouses’ Day** ... engage yours, other’s ... or a thousand Spouses and simply say ***THANK YOU!***

terrorists who aim to bully and oppress others into complying with their narrow views. We are fighting for regional and global stability. We are laboring to provide others the opportunity to share the blessings we enjoy. Most

notably, we are willing to endure tremendous personal sacrifice to achieve those noble aims. I hope you will take a moment to take real pride in what you do, as I am proud to have the opportunity to serve with each of you.

# What leadership looks like – and doesn’t look like

By Senior Master Sgt. John Olberding  
374th Dental Squadron

As I sat in my billeting room at Sheppard Air Force Base, Texas, during the Dental Leadership Course, I reflected on the activities of that particular day.

My thoughts drifted off to how many things had changed in the 22 years since I attended this same school.

I also thought about how so many of the basic things I learned then are still important though they may go by a different name.

“Check your 35-10.”

Do you remember that phrase?

For those who weren’t in the Air Force prior to the conversion from regulations to instructions, 35-10 refers to the Air Force regulation covering dress and appearance. AFR 35-10 converted to Air Force Instruction 36-2903. “Check your 36-2903” does not roll off the tongue like 35-10 did, but this doesn’t detract from the importance of wearing the uniform in the proper manner.

During the training I attended, the assistant surgeon general for dental services, Col. Gerard Caron, presented his Top 10 list of “The greatest things my bosses taught me.” In true David Letterman style, Colonel Caron covered them from 10 to one, but not necessarily in order of precedence.

Colonel Caron’s number 10 really got my attention as I sat in the classroom co-located in the dental assistant training building.

“Buy a new hat! First impressions count, your appearance counts,” he called out.

Ask yourself, “Do I look like a leader?”

As Air Force members, we are all leaders. People are watching you. How many times have you seen someone in a faded hat and a new uniform? Something strikes you as wrong immediately; something seems a little off. Does that person make you proud to be serving in the same service? We must remember that as Air Force leaders, we all lead by example, whether we mean to or not. Everyday, we choose whether that example is good or bad.

Colonel Caron continued down his list to number five: “Excellence requires constant monitoring.” Polishing your boots to a high shine once and then not giving them another thought until it’s time to replace them does not present the image of a leader. As an Air Force medical technician, I keep this in mind as I get ready for work every morning.

Recently, Col. Mark Presson, 374th Medical Group commander, emphasized the importance of proper uniform wear, military bearing, and etiquette with a statement I found profound enough to write down: “People judge what they understand.” The point of this statement is that not everyone will understand the amount of kilovolts and exposure time to create a good diagnostic image (or x-ray), but they can understand that the medic performing the procedure should be wearing his or her uniform in compliance

with AFI 36-2903; the radiology room should be clean and presentable; and they can expect to be addressed in a professional manner. These are the things people can easily grasp and quickly base their judgments on.

As Colonel Caron neared the end of his list, he accredited Lt. Gen. Chip Roadman with telling him in 1998, “What you tolerate will happen.” Live by high standards and expect high standards. Integrity first. We need to live by a high standard so we have the right to expect a high standard from our subordinates. It is wrong to hold someone to a higher standard than we ourselves live by. We cannot very well tell one of our troops to polish their boots when we are standing there with our hair touching our collars or in the case of men, touching our ears.

As I looked around at the technical school instructors, I saw excellent examples of AFI 36-2903. These leaders are setting the example for our trainees learning about the Air Force. Once the trainee arrives at Yokota, it becomes our job as leaders to set the example by buying a new hat when we need to, by constantly monitoring our attention to AFI 36-2903 and by not tolerating what we do not want to happen.

As you get ready for work tomorrow, make sure you take a second look in the mirror with that training instructor’s charge in mind. Ask yourself, “Do you look like a leader?” and remember clothing sales and the barber shop are open daily.



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## Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Publisher

## DUI Prevention

April 26 – May 9	0
Total DUIs in April	1
Total in 2006	4

### Punishment

.049 or less = car parked for 12 hours  
.05-.079 = 6 months walking  
.081-.149 = 1 year walking  
0.15 or greater = 2 years walking

*Don’t  
drink and drive.  
Call 225-RIDE!*



*Yokota West Elementary School takes one day each year to celebrate ...*

# everything Japan



photo by Airman 1st Class Laszlo Babocsi



photo by Tech. Sgt. Corey Clements



photo by Tech. Sgt. Corey Clements



photo by Tech. Sgt. Corey Clements

Above, Nathan Gendernalik gets drum lessons from Asako Tamura during Yokota West Elementary School's annual Nihon Matsuri (or Japanese Festival) day May 5. Numerous individuals and groups volunteer each year to participate in the day-long celebration of the base's host nation. Below, a magic group performs a trick with wooden mats in one of the school's classrooms. It is called *tejina* in Japanese.



photo by Tech. Sgt. Corey Clements



photo by Tech. Sgt. Corey Clements

Left, a volunteer performs a Japanese tea ceremony for students dressed in full kimono. The ceremony is called sado in Japanese. Right, students enjoy some Japanese soup made with traditional ingredients. Other activities included flower arranging, making noodles and rolled sushi, learning to use the abacus and paper folding.

Above, a student tries out a move on one of the Japanese volunteers visiting with a local karate group. Students experienced more than two dozen Japanese practices.

# AD



## Off base

**Tokyo Minato Festival:** People can celebrate the sea at the Harumi Futo, the pier that opens into the Pacific Ocean in Tokyo, May 23 from 10 a.m. to 6 p.m. It is a bus ride from the Tokyo Metro subway's Yuraku-cho station.

**Seibu Train Festa 2006:** The Musashigaoka Sharyo Kenshu-jo, or train vehicle maintenance factory, is opening its doors for people to see and experience their trains, vehicles and facilities June 4 from 9:30 a.m. to 3:30 p.m. It is a 12-minute walk from the Seibu Ikebukuro Line's Ko-rai station.

## On base

### Movies

**Today** – *V for Vendetta*, PG-13, 7 p.m.; *Mission Impossible*, PG-13, 9:30 p.m.

**Saturday** – *Aquamarine*, PG, 2 p.m.; *Mission Impossible III*, PG-13, 7 p.m.; *Mission Impossible III*, PG-13, 9:30 p.m.

**Sunday** – *Aquamarine*, PG, 2 p.m.; *Mission Impossible III*, PG-13, 7 p.m.

**Monday** – *Mission Impossible III*, PG-13, 7 p.m.

**Tuesday** – *Ultraviolet*, PG-13, 7 p.m.

**Wednesday** – *Mission Impossible*, PG-13, 7 p.m.

**Thursday** – *V for Vendetta*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### Tax center change

The base tax center hours are reduced as the tax season winds down. New hours are Monday and Tuesday from 9 a.m. to 4 p.m. People filing 1040EZ forms can use the walk-in hours, Mondays and Tuesdays from 9 to 11 a.m. Call 225-4926.

### Transition assistance

The Family Support Center offers a transition assistance program for military members who are separating or retiring. It is Tuesday through Thursday from 7:30 a.m. to 4:40 p.m. Call 225-8725.

### Change of command

The 374th Maintenance Squadron is hosting a change of command ceremony May 23 at Bldg. 907 at 10 a.m.

### Mother's Day show

A free Japanese culture show is scheduled for Sunday from 11 a.m. to 1 p.m. at the Yujo Recreation Center.

### Black and White Ball

The Cherry Blossom No. 42\* and Sakura Chapter No. 28\* are sponsoring the 46th Annual Black and White Ball May 20 at 6 p.m. at the Enlisted Club. Tickets are \$20. Dress is semi-formal to formal. Call 225-7607.

### KUDOS

The Family Support Center is hosting a Kids Understanding Deployment Operations (KUDOS) May 20 from 9 a.m. to 3 p.m. Parents and children are encouraged to sign up. Call 225-8725.

### Girl Scouts

The Girl Scouts\* need volunteers to help teach the members crafts and to serve as a chairperson. Call 227-3638.

### Samurai Cafe

The Samurai Cafe, the base's military dining facility, now offers free wireless internet.

### College scholarships

The Air Force Clubs are offering scholarships for club members and their families. Applications are available at the clubs.

### Pre-deployment help

The Family Support Center hosts pre-deployment briefings for military members and their spouses every Thursday from 9 to 11 a.m. Call 225-8725.

### Teaching English

The Family Support Center offers a class about teaching English. It is Monday from 1 to 2 p.m. at the FSC. Call 225-8725.

### MOPS

Mothers of Preschoolers is holding a meeting May 16 from 9:15 to 11:30 a.m. at the Traditional Chapel. This is the last meeting until September. All mothers of preschool children are invited. Child care is provided. Call 227-9209.

### Culture class

The Family Support Center is hosting a 10-week Japanese culture class currently. Classes are held Wednesdays from 7:15 to 9 p.m. The class is held only twice a year. Call 225-8725.

### Spouses Club

The Medical Group Spouses Club\* social group meets monthly and is open to spouses of all Medical Group employees, military and civilian. Call 227-4701 or e-mail [bill\\_paula\\_thomas@hotmail.com](mailto:bill_paula_thomas@hotmail.com).

### Survey

Community members can voice their interest in new education programs by completing the Needs Assessment survey on the Air Force Virtual Education Center Home Page through the Air Force Portal or stop by the Base Training and Education Services Office. Call 225-7337.

### Central Texas College

Central Texas College is holding registration for Term 5 from May 22 to June 2 for aircraft maintenance, criminal justice and special education. Call 225-9133.

### One-day conference

The Protestant Women of the Chapel is hosting a conference May 20 from 8:30 a.m. to 3:30 p.m. at the Traditional Chapel discussing leadership in women's ministry. Call 225-7009.

### Tanabata Dancers

Community members are invited to learn easy traditional Japanese dances and how to wear summer kimono. Practices are Fridays in Tower 2085 activity room, near the Enlisted Club. E-mail [tanabata\\_dancers@hotmail.com](mailto:tanabata_dancers@hotmail.com).

## SANDBOX SAMURAI



## OF THE WEEK



Staff Sgt. Jorge Davila

Staff Sgt. Jorge Davila, deployed from the 374th Security Forces Squadron, is this week's Sandbox Warrior of the Week, for exhibiting the Bushido qualities of courage, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

He and military working dog Kido are deployed in support of Operation Iraqi Freedom. The team is attached to the 101st Airborne Division from Fort Campbell, Kentucky. Sergeant Davila and Kido look for weapons caches and help capture insurgents. They have successfully conducted more than 60 combat patrols and helped capture more than 60 insurgents since their deployment began in winter 2006. The team is pictured above giving a demonstration to contractors and allies at their base.

### Bazaar

A services division bazaar is May 20 from 9 a.m. to 3 p.m. at the Yujo Recreation Center.

### Computer Users Group

The Computer Users Group Yokota\* is meeting May 27 at 5 p.m. at the Yujo Recreation Center. Computer fanatics are encouraged to attend. Visit [www.cugy.net](http://www.cugy.net).

### Greek Fest II

The Delta Sigma Theta Sorority, Inc., Tokyo Alumnae Chapter\* is hosting Greek Fest II May 20, 12 to 4 p.m. at Snyder Park Pavilion. Adults, \$10, children 4-11, \$5. Ribs, chicken, hamburgers and hotdogs. Alternate location in case of rain is Yokota West Elementary School.

### IDEA

Air Force members can participate in the Innovative Development through Employee Awareness (IDEA) program and earn cash recognition for providing ideas with both tangible and intangible benefits. Call 225-8144.

### Correction

The "Ready for action" photos on page one of the April 28 edition incorrectly identified the Airman in the smaller photo holding a gas mask as Staff Sgt. Brian Fagan. It is actually Senior Airman Arkadiusz Niedzwiecki.

### Chapel Schedule

#### Traditional (West) Chapel

*Catholic:* Mass, Sundays at 9:15 a.m. and 5 p.m.

*Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

#### Contemporary (East) Chapel

*Protestant:* Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

# AD

## “Quotes” & Things

*“They want me to throw it over the plate, and I can’t pitch that way.”*

**Rick Ownbey**

**Intramural volleyball:** The season’s championship game is today beginning at 5:30 p.m. at the Samurai Fitness Center.

**Bowling clinic:** Tomodachi Lanes is hosting a youth bowling clinic May 20 from 1 to 2:30 p.m. A youth tournament will begin at 3 p.m. The cost is \$6 per youth. Call 225-7191.

**Kids run:** America’s Kids fun run is May 20 at Snyder Field beginning at 8 a.m. Youth age five to 12 can sign up. The pre-race meeting for volunteers is May 19 at 6 p.m. at the West Youth Center. Call 225-7441.

**Outdoor Rec:** The Outdoor Recreation Center is offering the following trips: canyoning at Minakami in Gunma Prefecture May 24; sea kayaking and camping at Matsuzaki, Izu in Shizuoka Prefecture May 27 to 29; white-water rafting in Gunma Prefecture June 3; and wakeboarding at Lake Yamanaka June 10. Call 225-4552.

**Ladies Golf Classic:** Tama Hills is hosting this annual tournament May 27. The cost is \$50. Men are needed to volunteer as caddies. Call 224-3426.

**National Women’s Health Week:** It is observed Monday through May 20, and focuses on the importance of regular medical screenings. Pap tests should be done every one to three years; mammograms should be done every year once women turn 40 years old. Call 225-5171.

## Warriors warm up to new season during scrimmage

*Varsity football team running good game but looking to clean up mistakes prior to first game up north at Misawa*

**By 1st Lt. Jonathon Pitts**  
730th Air Mobility Squadron

Football season is here, or at least the Yokota Warriors varsity version is.

Last year the Warriors finished as runners-up in the United States Forces Japan-American Football League.

Though their journey back to the Torii Bowl officially begins June 3 at Misawa Air Base, Japan, the Warriors have already been in action. On May 6, the Yokota Warriors traveled to scrimmage Atsugi.

There were several notable performances by the Warriors, even though the scoreboard did not accurately portray their performance according to the coaches. All of the Warriors running backs performed well accounting for 110 total yards.

Defensive highlights from the game included a forced fumble and a spectacular pass breakup by Corey Fields. Rookie RB Luis Adorno-Martinez averaged 7 yards on 5 carriers, while Xavier Reyes had a good game breaking the longest run of the scrimmage for 18 yards.

On defense Deion Williams racked up 8 tackles, while defensive end Preston Parker kept Atsugi’s offense bottled up throughout the scrimmage as they attempted to reach the outside. Parker accounted for 2 sacks and 7 tackles. Greg Powell led the team with 2 tackles for losses along with a sack.

“Expectedly, our defense performed magnificently,” said coach Jacob Dowdell. “We continually frustrated Atsugi’s offense throughout the scrimmage. We had a lot of new players step up and contribute throughout the offense creating running lanes for our backs. We played a good game, but killed our momentum with costly mistakes and penalties on both sides of the ball. We will work on curbing these mistakes and continue our preparation for the rest of our season.”

The Warriors will be in action again on May 27 when they travel down to Yokosuka for the USFJ-AFL Jamboree.

They will then open up their season at Misawa on June 3rd. Their first home game will be against Atsugi June 10 at 6 p.m.

### 2006 Yokota Warriors varsity football schedule

May 27, 3 p.m. at Yokosuka	July 1, 6 p.m. at Yokosuka
June 3, 2 p.m. at Misawa	July 8, 6 p.m. vs. Misawa
June 10, 6 p.m. vs. Atsugi	July 22, 6 p.m. at Kadena
June 24, 6 p.m. vs. Kadena	Aug. 5, 6 p.m. vs. Yokosuka



photo by Airman 1st Class Doug McCalister

**The Yokota Warriors square off against Atsugi at a scrimmage May 6.**

## Benefits abound when physical activity, exercising are priority

**By Jill Goff**  
Health And Wellness Center

Fitness is one issue that president after president has highlighted every year since 1956.

May is recognized as National Fitness Month by the President’s Council on Physical Fitness and Sports.

Whether it is physical activity or actual exercise, Americans are challenged to get moving during this month.

While physical activity is any movement that uses energy, including eating, exercise is a planned, structured and repetitive bodily fitness. Exercise is actually considered a subclass of physical activity.

Many people participate in physical activity to improve certain parts of their physical fitness such as cardiorespiratory endurance, muscular strength, muscular endurance,

flexibility and body composition.

Others get involved to avoid disease and delay death.

“Significant health benefits can be obtained by including a moderate amount of physical activity (such as 30 minutes of brisk walking; 15 minutes of running; or 45 minutes of playing a sport such as volleyball) on most, if not all, days of the week. Through modest increases in daily activity, most Americans can improve their health and quality of life,” according to the 1996 Surgeon General’s report.

Long term benefits of physical activity or exercise can include a reduced risk of heart disease, high blood pressure, high cholesterol, diabetes or premature death, along with a general reduction in body fat.

Short term benefits include relaxation; revitalization; enhanced

feelings of well-being; decreased anxiety and depression; enhanced work, recreational and sports activities performance; and improved quality of sleep.

Community members can increase their physical activity by participating in exercise classes such as step aerobics, circuit training, spinning, water aerobics, kickboxing or one of several others offered through the Samurai Fitness Center. If making time for structured classes is difficult, people can also opt to make small changes in their daily routine such as parking further away from a destination and walking; taking the stairs instead of the elevator; walking or riding a bike to work; or marching in place while talking on the phone, to name just a few.

Community members are encouraged to schedule exercise as an appointment every day, choosing activities they enjoy to do and can

### ~Fitness Favorites~

⇒ Power Yoga  
5 to 6 a.m., Natatorium  
Monday, Wednesday, Friday

⇒ Pilates  
5:30 to 6:30 p.m., Natatorium  
Tuesday and Thursday

⇒ Circuit training  
3:30 to 4:30 p.m., Natatorium  
Monday, Wednesday, Friday

⇒ Step Aerobics  
5:30 to 6:30 p.m., Natatorium  
Monday and Wednesday

do on a regular basis, so that they may reap the benefits of a more fit lifestyle.

For more information about fitness and nutrition, call the Health And Wellness Center at 225-8322 or visit their facility located next to the Samurai Fitness Center on Airlift Avenue.

# AD